Let us begin this missive by saying that todays message will delve further into a topic we have touched upon many a time earlier, namely those physical and mental changes you are all going through. It is, as you may know, an ongoing process, as you are all in so many ways "under construction". Let us explain. Your journey from a mere third dimensional existence and into a multi layered one is one that will take you far, far out of your old comfort zone in so many ways. That will not be news to any of you, as you have all been suffering through many periods already that can best be described as "uncomfortable". This a little pun on the familiar words, but as you have already been through numerous upgradings already, you will be familiar with what they come laden with. Both your physical and your mental body will be feeling sore and bruised by this process, and for many, these "ascension symptoms" to use a familiar phrase, will be almost too overwhelming at times. It is certainly not something that will be perceived as positive, but as we have already touched upon in earlier missives, they are all signals of evolution. "No pain, no gain" is a wording many use, and in this case, it could almost said to be true. Unfortunately, for some, they will get lost in some of the "pain" so they actually lose the sight of the "gain". In other words, going through this process in itself is so taxing, it may lead many astray and deeper into the territory of despair and despondence.

That is not something we scoff at, in fact, we take this very seriously, as we know that this is what will have many of you thinking about literally giving up this work and calling it quits. Therefore, this sharing of words and energy is necessary, and that is why you will find a whole profusion of messages like these flooding the internet. You are supported in so many ways, so also through this, but we all know that we can only act as a supporting crew for you all, as you are the ones that will have to endure seemingly endless hours of discomfort and unease.

Again, for many, this will feel like some kind of punishment, and as all of this activity intensifies, they will rack their brains, trying to figure out "what did I do wrong in order to make me suffer like this?" As always the answer is you are not doing anything wrong, you are doing everything right, and you are doing it at the exact time that you should. But as this truth have a hard time coming through at times like this, we will indeed repeat it again and again. This process has been carefully planned in advance, and you are all carefully monitored throughout it, and as such, nothing will be left to chance, and there are no chances that any of you shold "fall through the cracks" as it were. But your perception of this process might be a very, very different one from this, and therefore we find it prudent to keep repeating this mantra that you are all perfectly poised and prepared to take the next step on this journey, and as such, there is nothing to fear except your ownpossible lack of perseverance and patience. It will be running thin, more so in some than in others, so please remember to find a place, both internally and externally, where you can reconnect to your own core and to your brothers in arms as it were, because it is imperative that you do not sit and suffer in solitude.

Again, this is so important, because the only way to be able to stay in this race to the finishing line is to consciously connect with likeminded souls out there, and more importantly: connect with that all-enduring and everlasting powerhouse you all carry inside. In addition, you have so many helping hands surrounding you at all times, but just remember to ask for assistance if you need it, as we are not allowed to interfere unless we are asked to do so. You are all sovereing

beings, and as such, you all carry the full responsibility for how you will approach this process. In other words, if you choose to literally suffer in silence throughout this, your choice will as always be respected, and we will leave you in peace to do just that. But if you choose to open up and invite us in, we will do everything we can to help you carry this burden of personal and communal liberation from the yokes of a third dimensional existence.

After all, you are not on this journey for a purely personal reason, you are doing this for the sake of not only this planet, but the whole of Creation. It might seem like this message will only add weight to an already overly heavy burden, but we say it in order to repeat the message that even if you feel more than overwhelmed by this task already, you must remember that you are working on behalf of All of creation, so no matter what it might feel like, it is certainly not a solitary journey. Or, it is only that if you choose to make it so. You are in fact travelling in good company, in more ways than you can think of, and we ask you again to take the opportunity to engage with your fellow travellers in any way you can. And by fellow travellers, we refer of course both to the present company, but also to all of those you have yet to make the acquaintance of. They are so many, and if you could see them all, your heart would certainly lift, because then you would know that even if the road seems long and overly steep at times, you would also see that there is no question that you will all make it to the end. You are so many, and you are so powerful, you are literally bathing this whole planet in light already.

So please make sure to focus on this light as you start out on the next leg of this journey, and do not fall into the trap of looking only at the despair that surrounds you on all sides from the crumbling pieces of the old world. That will only help to make you feel so much smaller than you really are, because you must never ever again forget your greatness. It is what has taken you this far, and it is what will see you through to the end. And remember, it is only YOU that can make you feel small again, as the rest of the universe and beyond can only see your greatness.

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Let us start this missive by saying that you have all walked a long, long way to get to the point where you are now, and let us also say that the point of no return is also far behind you. Let us explain. For many, this journey is so taxing at times that they are thinking "is it really worth it, and will I ever get to that promised land of bliss and peace I so long for?" This is indeed more than understandable, as you are being tossed hither and thither by these energies, and at times it even feels like you are literally hitting a solid brick wall, and as such, the pain and discomfort can be enough to make the bravest of hearts have second thoughts. But as we said, the point of no return is long since passed, and the time to that fabled destination is certainly much, much shorter than the gruelling distance you have completed already. This might seem like an empty promise yet again, as we will never, ever give you any specific dates or lengths of time in these messages, but as we have so often said, this increase in pressure means only one thing: this process is coming to a climax, and as such, you can at least hold on to the promise that you are in fact so much closer to that final goal than ever before. Not much solace in this you mayhaps think, but as we have said earlier, you are getting so close, you can literally almost stretch out your hand and touch that final goalpost already.

As always, everything around you seems to be pointing in the opposite direction, as there are certainly no lack of daily proof of the mismanagement reaching new heights in every field, but again, if you manage to look behind all of those headlines screaming disaster and catastrophe, you will see those little glimmers of light in every corner of your globe. Not much compared to these well advertised negative happenings that seems to be breeding uncontrollably wherever

you turn, but as we have stated on so many occasions, do not be fooled by that superficial layer of drama that seems to cling to everyone and everything at the moment. It is literally only skin deep, and as such, beneath that layer, so much positive energy is starting to take hold and seed its information into so many of your fellow men. It has been talked about the onset of this so-called invisible tsunami before, and this tsunami is gathering in strength and spreading out like concentric circles all over your planet. This tsunami of benevolent energy is starting to push through that thick layer of miasma covering up so much and literally blocking out the light. But now, the light cannot be blocked out any more, and more and more people are starting to see the real world in this new light. And when they too open their eyes to this new daylight, they will also hear the calling from their heart and turn away from the old.

Remember, not all of your compatriots will react in the same way. For those still set on completing this disastrous cycle in your world, this light will feed their bloodlust and frenzy even more, as they are literally frightened to death by this onslaught of light on your planet. And they will react in very unpredictable ways indeed, so do not be surprised if the level of hatred and anger and violence will suddenly erupt and overflow in some parts of your world. Again, they will only be signs of the advancement of the light, so do not fall into the trap of getting caught in this escalating drama. Remember, it is only a play put on to fool the masses into thinking that they have lost all the power they possess to do anything at all to change the course of this little blue planet.

The rest of you will feel this as a surge of strength, and you will be even more energized yourselves by these incoming rounds that will literally trigger those remnants of darkness that still lingers in some people's hearts. They have chosen not to abolish fear, instead, they have chosen to embrace it and protect it with all of their power, and they will resort to any dirty trick in the book to convince as many as they can that the world will forever be a dark place. It will not, and your presence here has already guaranteed a very different outcome from this prolonged process. The light has already won this battle of wills, and you have fought long and hard for this victory. Now the time has come to sit back and watch as the decaying of the old takes its course. Of course, you will not be left without tasks to do while you watch the spectacle unfolding, but please remember that you must act as a spectator, not as a player, as the other side put on their final act of the charade they have been playing out for so long. Your role is not as a cast member in their drama, your role is to continue shedding more and more light onto the stage so that others can see through the playacting and realize that it is time to leave that stage for good now and join the ranks of those who have let the light enter where darkness once ruled supreme.

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Today we would like to delve further into a well known topic for you all, namely the ups and downs of your mental state. As we have already touched upon, this will mayhaps be the foremost of the challenges you face at the moment, because as the time goes by and you fail to see any of the monumental changes you are so fervently waiting for, your mental capacities will be hard pressed to keep the spirit up. In other words, what you encounter on the outside will leave its mark on the inside, and there is still very, very difficult to discern any of the outward changes. Or rather, they are there, but they are so carefully hidden amongst all of the detritus tossed about in this battle of wills, and as such, you will have to look hard and with the right sort of attention in order to find any traces of this unfolding of the revolution as it were.

Let us explain. As we have often stated, your minds have been carefully prepared so as to ignore so many signal, signals that would indeed confirm so many of the questions you all ask at this

time. We are of course working hard on removing these obstacles, and let the information you so crave flow more freely into your heart and help your spirit to raise itself above the din of doom, but as always, this is an individual process, and for some, it will take more time than for others. The reasons behind this are complex indeed, so let us just say that it does not mean that any of you are "better" at this than others. It is simply a part of the programming, and as such, we do again implore you not to compare yourselves to your "neighbours" as it were. We will repeat this often, as it is so easy to get sidetracked by this comparison of symptoms and seemingly advancing and retreating, but is is very important that you do not measure yourselves against any other. Just measure yourself against yourself, and please, try to be objective when you do so, as we see too many of you not giving yourselves enough credit. And this brings us back to where we started, namely the mental challenges you all face. It is indeed quite a rollercoaster ride this, and this will be very apparent especially when it comes to the state of your mental well-being. You will have moments of soaring high, when everything seems to be just magnificent and beautiful, but then you come crashing down again, feeling as if you are even lower than before. All of this up and down motion will be very confusing at times, because it might seem like every time you make some progress, you will be hurled back down, maybe even lower than before. Rest assured that you are all making the progress you are meant to make, and that all of this upheaval and instability is just skin deep. Let us explain.

You are in your core so very strong and solid now, nothing can actually tear you apart and drive you down ever again, but as you are also opening up more and more to everything that surrounds you, both in the third dimensional plane but also in all of the other and hitherto unseen and unexperienced ones, you are also picking up so much more from your environment. Needless to say, the euphoria you sometimes manage to home in on is from your true destination, in other words, that will be the norm as soon as this process is completed. Therefore, all of the negativity, chaos, anger and sadness that suddenly erupts inside of you, are just signals you are picking up from the third density level. In other words, you are becoming so sensitive to all signals now, you will have a hard time sorting out what is yours and what is coming in from everyone around you. And as everyone that is still holding on to the third density vibration are becoming increasingly agitated and stressed out by what they perceive rightly as threats to their way of life, you will automatically pick this up and literally feel the same thing as they are. Not a very comfortable way of living, but trust us when we say that this will only be a temporay and transient phase.

As times goes by, you will be better and better at sorting out this mess, and you will become very adept at shutting out all of that which does not belong to you. It is indeed not very pleasant to be unable to shut out all of these negative emotions coming in from the outside, and we do understand your feeling of discomfort as you continue to pick up on all of these distress signals. It is not easy to have to feel them so strongly inside of yourselves without starting to believe that they are actually yours, and think that you are sliding downhill instead of stepping up the ladder. Again, this is only a temporary disturbance, but it is one you need to take quite seriously, as otherwise you might get caught up in this gathering momentum of fear, and start to believe in it yourselves. That is dangerous ground indeed, because then you are apt to literally throw yourselves down a very deep hole of despair, and that is not an easy hole to climb out of.

So try to focus on that inner sanctum we have already mentioned so many times, because there is where the truth lies, and that is where the voice of reason lies. And that voice will tell you very clearly that you are going in the right direction, and that all of these confusing outside noices and voices are only trying to make you lose that focus and intent you still have. You see, there are so many out there who can sense just how strong you have become, and they would like nothing better than to be able to tear you down again to their level, and they can be very, very insistent indeed. So again, it is imperative that you do not suffer this in silence, but remember to reach out

to others, and on both sides of the veil, whenever you feel your defenses starting to crumble a little bit.

Another good measure against all of this negativity, is to seek out the solace of Mother Nature. You will easily tap into her strength and the purity of her energy, and she will provide all of the solace you need in order to wash away any residue that is clinging to you from all of this exposure to the "outside world" as it were. She is gentle, but also very fierce, and she will protect you in any way she can. So ask for her help, and she will willingly give it to you, and you will literally feel how the burden of so much accumulated fear and anger just melts away under her administrations.

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For centuries, mankind has been looking for ways to achieve that ultimate goal of eternal life, and the means to do so have been many. They have included the most frightful concoctions and the most gruesome of rituals, all with one purpose in mind, that of securing a freedom from death. This is in so many ways a misconception, for no one is mortal, it is only the flesh and blood that ceases to be.

Let us explain. This quest for immortality is rooted somewhere very, very deep in your minds, and it is actually a lingering echo from your true self. In other words, your immortal spirit is still shining through, even if it is reduced to living inside a mortal vehicle, such as the one you are all currently residing in. In addition, this physical vehicle has been manipulated in such a way, the life span has been greatly reduced from the original design, and as such, the fear of dying has taken over the controls in many a human mind. That is easy to understand, because that underlying hunger for more life, more wisdom, more beauty and more power is actually derived from a fundamental fact. You are all immortal. But as you have been so carefully separated from this knowledge, there is a large want inside you all for trying to win back this immortality, and that is what is the driving force behind so much madness you witness around you each and every day.

So many of your fellow humans are doing their utmost to achieve immortality yet again, but they are going about it in the wrong way. And that is easy to understand, as it is the force of their own ego who is fuelling this fire that is raging inside. Hence, the relentless search for any age-defying chemicals and concoctions that can stop the aging process on one side, and all of those greedy grasping fingers on the other side trying to accumulate as much power and money as they can. They are all symptoms of the same disease, the disease of forgetfulness, where the spirit has been lost on the way, and the ego rules supreme over the daily actions. Just take a look around you, and you will clearly see just what any man will resort to in order to feel forever young and powerful, and if simple actions of self-preservation is not enough, they will go to extremes in order to at least make an impact in the history books, even if it means going into the darkest alleys of human behavior.

This race for immortality is gathering momentum now, as more and more people feel the oncoming of something inevitable. It is like the panic is growing rapidly, and nothing will be left untried in the quest for everlasting life. You have heard stories of the most gruesom kind, where nothing is considered sacred any more, not even the flesh of other humans. Your so-called medicine makers are desperately trying to find the first pill that will stop the ravaging of time on the human body, and the ingredients they use are becoming more and more deplorable, but they

will stop at nothing it seems, because this need for longevity is becoming more and more outspoken.

Why this desperation is coming to the surface now more than ever before is easy to explain. It is because so many of you have already understood the real truth behind this myth of everlasting life. It does exist, and you are all living proof of it. Mankind is not a "one hit wonder", as so many others out there seem to believe. Mankind is a work in progress, in an everlasting cycle of rebirth after death, where the particles from your eternal shining soul is being transplanted into a new phyiscal body every time the old one has served its purpose and expired. So why the rush, you think, when you seem to have literally all the time in the world to explore this world, and when you can experience every nuance of it as many times and in as many different ways as you can imagine? This rush of panic is no accident, as it is indeed caused by your insight into this, as the ones still unawares of their own immortality can sense that there are so many around them now untainted by the same panic they feel. In other words, the more awakened souls there are on this planet, the more panic there will be amongst the rest of this planet's population, because they can sense that the time is indeed running out for them. That is because YOU are creating the new world, where there is no time and place for any of the shenanigans pulled off by those still clinging to the old beliefs of mortality, and therefore they rightly sense that something is up, and so they feel more vulnerable than ever.

So the only medicine they can think off, is to try to stave off the inevitable by becoming even more greedy, violent and needy in order to gather as much of the rapidly decreasing resources they can while there is still time. See them running about, speculating on the markets, injecting their bodies with the most harmful of substances, sucking the lifeblood out of their fellow men in order to stock their larder. And it is all futile, and they know it so well, but they cannot help it. There is something deep inside of them driving them to ever larger excesses, because that deep hole of despair is growing deeper by the minute. They do not understand that this hole will be filled the minute they discover the real truth about themselves, because then, they too will know that there is nothing you lack, not even eternal life, because you are indeed children of the stars, and your light will shine for ever more even if your physical body will not. You do not lack anything, therefore, that needy ego cradled inside the reptilian part of your brain will be silenced once you open up to this truth.

As we were saying, you do not lack of anything, not even eternal life, and as soon as those around you also start to tap into this secret, the falling down of the old will only accelerate. You see, there is nothing holding it together but the fear of dying, and when people lose that fear, there is nothing they want from the old world at all. Therefore, the crowds on that side are thinning out indeed, and the panic at the top is accumulating as you one by one shift over to this side of the divide. They are getting fewer, and they are getting more furious for it, so watch out lest they touch you with their fury and try to entice you back into their fold. You cannot be tricked by their tricks if you stay in your heart of hearts, but you can be fooled into starting to believe in their fearmongery if you let go of that connection. So hold on tight dear ones, the games are about to start in earnest now.

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Once again, the sun has unleashed some of her superpowers, and you will already have felt some of the impact from her emissions. However, that is only the forerunner of this latest installment of energybursts from this, your mighty ally, and she will continue to inject you all with much needed doses of information energy that will help to transport you all to a whole new level of existence. She is indeed a mighty ally in so many ways, and you have only begun to see just how

important she is for the future of not only this planet of yours, but for the rest of Creation as well. She is not just another celestial body, she is also the portal through which so much energy is being passed, and all of this information is aimed at you.

It will, as usual, feel unpleasant at times when these waves of high voltage energy will impact with your bodies, but as usual, these bouts of physical distress will only signal another step forwards, or rather, upwards, and as such, do not despair even if you feel more exhausted and unwell than usual. Again, it is only your phyiscal body signalling that it literally needs some "downtime" to adjust to all of these new frequencies, much like a computer after an update on the software. Remember, you all carry very advanced systems of programming inside, and now you are literally in the midts of a thorough rebooting and upgrading, so do not be surprised if you feel some of the regular systems actually shutting down in order to be able to accomplish it all. This shutting down is done in order to redirect your inherent energy in such a way so it will be most effective whilst this whole reprogramming process is under way, so it is not a cause for alarm if you feel unable to function as normal. Just take it for what it is, namely a much needed overall service on your whole being.

And remember, you are far, far more complex than you mayhaps can understand from the usual information about how a human body should be put together. You are by now something much more advanced than what you will find described in any medical book. In addition, your spirit is becoming more and more settled into your physical body, and it is also bringing in so much more information and abilities than before. In other words, this rather unassuming container you see when you look into the mirror is actually hiding a very complex and ingenious presence, and those looking at you from the outside cannot tell the difference yet. But they will, because all of this amassed intelligence and energy will soon start to be more than apparent to the outside world as well, and then the really interesting times will begin. Because then you will not be able to hide yourselves away any more, not from yourself nor from the rest of the world. And when this truth starts to shine trough in earnest, you will all finally be able to see not only your own brilliance, but you will also finally be able to see all of the other shining souls out there, once and for all confirming the fact that this is no longer a dark place.

We are all eagerly awaiting this day, but as you have mayhaps gathered by now, there are still some more bouts of energy adjustments you need to go through before the light will be turned on with full force within you all. So take care dear ones, and let your body have what it needs in order to be able to assimilate all of this new information coming in. Remember, you are all individuals, and as such, your physical set up will need individual care in order to complete this new round of tune ups. So listen to your body, and it will tell you just what you will need to do in the upcoming days in order to get through this adjustment in the best possible way.

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The nuances of the incoming energies will vary much this time around, therefore, your perception of them will also vary greatly. In other words, this will in many ways be a very "multicoloured" experience, and for those willing to enter this new portal with all of their senses wide open, it will be an interesting experience indeed. This does not imply that it will be uninteresting for any of you, far from it, but this time around, really focusing in on what goes on around you energywise will certainly pay off. It might become very intense and dramatic to some, or very blissfull to others.

Again, this is in so many ways a very individual path you are all travelling on, and this sequence of energy patterns will certainly make that very obvious. So once again, expect the unexpected, and do not think that you are doing anything wrong no matter what transpires in the next few hours and days. You are all on the right path, and for some, this will mean an even more blissful experience, while for others, it will entail some rather unpleasant physical and mental fallout.

Do not despair if you fall in the latter category. It does not mean that you are going about this in a negative way, or that it is some sort of punishment. It is only a part of your personal process, and it will only ensure that you get the best possible effect from this energetic surge. In fact, you will probably be amongst those that will experience perhaps the most interesting outcome from all of this, as the negativity that may arise during this process is something that has been staying with you for a long, long time and will finally be removed from your system once and for all.

So stay focused dear ones, and do not let yourselves be thrown off track no matter how you experience these downloads. Just know that no matter how it hits you in the next few hours, it will literally do you all a world of good.

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First off, let us just start by saying that these last few hours have been so important for you all. The aftershocks of these heavy rounds of energy will still reverberate in many of you, but know that the hardest labour is over by now. For many, these last 24 hours have been amongst the most challenging yet, and we honor all those who have paid a high price for these upgradings, either they be mental or physical, or mayhaps both. Rest assured that even if you still feel almost dead to this world, things will soon start to ease off, and you will be able to breathe more freely again. And we do mean that in more ways than one.

You see, it is like you have been under steamroller that has squeezed you to within an inch of your life, not in the real sense, but in a figurative sense. The pressure has been so high, it has driven away any possible hindrances that has stood in your way for achieving that ultimate goal of total freedom. And when we say freedom, we also mean that in every connotation of the word. This will not be immediate apparent to you all, as you will still need quite some time to literally digest all of this, but it has been a very, very thorough process for you all, and a rather surprising one for many, as we venture to guess that some very unexpected issues surfaced for so many of you.

Know that this is all according to plan, and although much of it may still feel very unsettling and maybe even frightening for some, this is in fact only a signal of resurrection of your original core. In other words, all that is coming to the surface now, are things that have been hidden away, obscuring the real center of you all. Now they cannot cling to you any longer, and they will rise, like the bubbles to the surface we have described so many times already. So once again, give yourselves much praise for a job well done, and know that any lingering unpleasantness and unease will start to dissipate very soon.

Let us first of all start this missive by saying that for now, the waves have quieted down somewhat, and we hope you have all gotten your heads above the water yet again. It was an intense influx this last one, and as we foretold, it certainly brought its surprises to so many of you. We hope you have all gotten your breath back, and that you have started to go into just what you have been processing these last few days. It is important not to lose sight of the main goal here, namely the outcome of this process, because it is indeed very easy to get caught up in the undertow of symptoms. Let us explain.

For many, these last few days have been almost nightmarish, as you have had to battle challenges in such a way you have been almost at your wits' end at times. We are well aware that for some, this was almost too much, and we do not doubt in you that. Yes, it was forceful indeed, but again, remember that the end goal here is what is important, and now that the forces have quietened down a bit, we do hope you can manage to get a clear view of what has transpired in your life during all of this hullabaloo. We said it would be important on so many planes, and that is still true, even if some of you just feel utterly exhausted after this ordeal, and fail to see any improvement at all. Trust us when we say that this is not the case, as none of you have gone through this without literally being anointed with some sort of almost miraculous effect on your system. For some, this will be apparent already, beacuse you have gained a clarity of thought and intuition during this that you did not possess before. For others, the feeling of physical strength may have altered perceptively, and you will feel much stronger than before. That is, if your body has been able to sufficiently digest this last round. If not, you will probably feel even weaker than before, but that is only lingering after effects of the process, and as soon as that dissipates, you will feel your inner core literally much closer to the surface than before.

Again, this is a very individual process, and as such, the results and the length of this integration process will not be like in any of you. But again, it is important that you do try to get a clear picture of yourselves "before" and "after" this last bout of adjustments, because it can be difficult to maintain the focus when your whole being is being literally bombarded with so much force over such a long stretch of time. Again, it is important to stop and turn your head and look back, as only then can you be able to discern the distance you have already managed to travel. And let us just conclude by saying that after this important weekend, you have all literally made a quantum leap forwards.

So nurse those sore bodies, and rejoice in the fact that it was worth every ounce of discomfort you had to go through, because now you all stand before us shining brighter than ever. Not long now before you will be revealed in all of your glory, and from that day on, nothing will ever be the same on this little planet you call home. At least for now, as when the veils finally come crashing down all around you, everything will be revealed, and you will finally see just where your real home is. And then, the full scope of your journey will be clear to see. You are all children of the stars, and you can claim you ancestry from places far removed from this temporary abode you currently reside in.

Remember that the time will come when all of these hard earned increased levels of energy will be but a memory, but for now, make sure to never forget just why you have to endure them. It is not to be suffering from physical and mental distress, it is to be able to come closer to that hour of revelation, when your past, present and future all will become clear. Then, you will not be able to see any of the hardship, you will just see the glory of who you really are. So do not let yourselves get lost in the pain and discomfort, lift your eyes and look at yourselves as you stand even taller after this. You have grown so much in only a matter of hours, and you will continue to

grow at the same speed from this day forward. So let your body grumble a bit, after all, it is only the growing pains you are feeling. And don't get lost in the grand new space you have all made yourselves inside, but do not forget to enter that magnificent hall either. It can easily be overlooked if you focus too much on your body's grumbling and groaning. So open your eyes a little bit wider, and we think you will see so much more of your greatness than you could before this storm hit your shores.

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Today, we would like to delve further into the topic of time, as this will be in the forefront in this upcoming period. Earlier, we have discussed the fact that you have all been well trained to think of time as a linear concept, where everything follows a set pattern, and where nothing can be changed once it has taken place. In other words, you have an image of time as a single line unspooling at a set pace, and where you are all chained to this line in everything you do. It is like you are all bound hand and foot by this timeline, and it governs the life of every being on this planet.

Well, let us just say that you are the single civilization in All of creation adhering to such a limited scope of time, and soon, you will literally be cut free from this restricted timeline and tossed into a sea of time and possibility. This may sound confusing, and we can assure that it will BE confusing, as it will be like being sent into a free fall after being used to standing still for eternity. Let us explain.

Earlier on, we referred to the fact that soon, your past, present and future will become apparent to you all, and by that, we mean that you will finally be able to access the full scope of time that exists in creation. In other words, you will literally come face to face with the fact that you are no longer bound by the strict confines of just one timeline, and you come from a source that is already immersed in this sea of timelines, and that will be more than enough to make your head spin. In addition, you will also be able to recollect your former lives, in other words, everything you have already travelled through in order to reach this destination, at the same time as you will start to discern all of the limitless choices of timelines you have stretching beyond you. So, as you can see, this will certainly tax your capability to digest so much information, especially information that will go against all you have been taught beforehand. Let us just say that you will at least be forewarned of this, and you will also already have had a chance to literally dip your toes into this vast sea of timelines. But for others, this revelation will come as such a shock to them they will have a hard time getting through it without losing their hold on their sanity.

So, as we were saying earlier on, you may be expecting changes to come gradually, and you have mayhaps already constructed different scenarios in your mind as to how these changes will come about. Let us just say that the topic we have touched upon today will hopefully make you start to think in other directions, and know that this sudden revelation of simultaneous timelines will indeed be part of this invisible tsunami we have referred to in earlier missives. In other words, do not sit and wait for major cataclysms to trigger the changes you so hanker for, but start to prepare yourselves for a major change in your perception of time. And start to prepare yourselves for the fact that you will soon have to let go of the concept of a single timeline, and with it, you will also have to let go of so much that has defined your lives as human beings. Because from that day onwards, you will be amongst all of your brethern, able to switch back and forth between the different layers of time, and with it, you will finally be able to switch beween those different dimensions you have all been waiting to access. From that day onwards, the doors will open up to a whole new way of living, unfettered by those crippling limits that has been holding you all back for so long.

But remember, with this freedom comes a whole new set of responsibilities too, and with it also comes a whole new set of lessons. Because without giving yourselves the time to take it all in and re-member the basics of living in a limitless multiverse, you will literally drown in this sea of opportunities. So listen well, and you will be given ways to start to learn to swim again. And remember these lessons will come in many shapes and forms.

Again, it is imperative that you remember to connect to that inner sanctum we have talked so much about lately, because that is where these lessons are given, and if you lose that focus, the din from the outside world will do all it can to mask out the call to attend class. So give yourselves the time and the space you need in order to be able to concentrate your focus inwards, lest you too should drown in that sea of noise and drama that is already starting to wash against you.

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Let us just begin this missive by saying that you have all started to master old skills by now, and although your mind has yet to grasp this, you have entered the halls of old wisdom and started to tap into the rich deposits of knowledge that resides there. Not much of this will be apparent during your waking hours just yet, but it will start to seep through into your consciousness as the doors will start to open more and more between the different states you currently inhabit. Because you have already taken that step behind the veil, and you are already immersed in that sea of possibilities we have already referred to, but as we have said, it takes some time to adjust being in this state of flux, and as such, you will be exposed to all of this newness in increments. Therefore, consider this as a period of trial and error, much like when you start out learning to ride a bicycle, so you are not riding unsupervised, and you have your training wheels still attached.

As we were saying, for those unable – or rather unwilling – to start to open up to these lessons beforehand, the shock will be great the day they suddenly find themselves astraddle a bike riding at top speed, without any previous knowledge of ever learning to ride such a contraption. Needless to say, this will cause many a hard tumble, and more than a bruised knee here and there. But you have already stepped up to the challenge and enrolled in this class for higher learning, and bit by bit, you will find the confidence needed to ride this new bike at top speed, unsupervised and without those training wheels.

We use this analogy of the bike to point out that this is a playful process indeed, as this is meant to be a joyful, if somewhat challenging and exhausting ride. So hop on your bikes dear ones, and never mind if you get a bruised knee or two while you struggle to find your balance. It does not matter, so long as you don't let a bruised ego stop you from climbing back on and try another round every time you find yourself nose down on the ground.